

Ammanford

14 Jul 13

10K

	Pos	Gun	Chip Name	AG	Club	SB	PB	
<input type="checkbox"/>	1	33:11	Joshua Griffiths	U20 M	Swansea/UWIC	31:47	31:47	
<input type="checkbox"/>	2	37:17	Eamonn Kirk	V40 M	Swansea	35:54	35:54	
<input type="checkbox"/>	3	37:35	John Morris	SB SEN M	Amman Valley	37:35	35:51	
<input type="checkbox"/>	4	37:43	Alan Davies	V60 M				
<input type="checkbox"/>	5	38:09	Ian Harris	SB SEN M	3M Gorseinon	38:09	36:47	
<input type="checkbox"/>	6	39:25	Geraint Lewis	V35 M	Porthcawl Runners	37:04	34:56	
<input type="checkbox"/>	7	39:27	James O'Callaghan	V40 M				
<input type="checkbox"/>	8	40:22	Kneath Philippart	SB V50 M	Swansea	40:22	38:59	
<input type="checkbox"/>	9	40:34	Peter Osborne	V50 M	Llanelli	38:20	35:59	
<input type="checkbox"/>	10	40:39	Andrew Morrison	SB SEN M	Swansea	40:39	39:05	
<input type="checkbox"/>	11	40:40	Alex Williams	SB V45 M	Port Talbot/Road	40:40	37:16	




Runners Club

<input type="checkbox"/>	12	41:02	Clare Phillips	SB V40 W	Port Talbot	41:02 37:52	
<input type="checkbox"/>	13	41:30	Ann Thomas	SB V45 W	Taf Running & Orienteering (TROTS)	41:30 37:40	
<input type="checkbox"/>	14	41:59	Mathew Powell	PB SEN M	Celtic Tri	41:59 41:59	
<input type="checkbox"/>	15	42:26	Marc Beasley	SEN M			
<input type="checkbox"/>	16	42:32	Nick Griffiths	PB V40 M	Amman Valley	42:32 42:32	
<input type="checkbox"/>	17	42:44	John Davies	V50 M	San Domenico		
<input type="checkbox"/>	18	43:32	Matthew Tippins	SEN M			
<input type="checkbox"/>	19	43:43	Hugh Janney	V40 M	Amman Valley Harriers		
<input type="checkbox"/>	20	43:58	Sian Trace	SB U23 W	Amman Valley	43:58 42:46	
<input type="checkbox"/>	21	44:33	Neil Davies	V50 M	Cornelly	41:16 36:59	
<input type="checkbox"/>	22	44:44	Dwayne Griffiths	PB U15 M	Carmarthen	44:44 44:44	
<input type="checkbox"/>	23	44:46	Michelle Cole	V35 W	Gorseinon 3ms		
<input type="checkbox"/>	24	45:17	Martin Wootton	SEN M			
<input type="checkbox"/>	25	45:36	Carwyn Thomas	V40 M			
<input type="checkbox"/>	26	45:43	Richard Webster	SB V55 M	3M Gorseinon	45:43 42:49	
<input type="checkbox"/>	27	45:45	Kevin Taylor	SB V50 M	Amman Valley	45:45 36:45	
<input type="checkbox"/>	28	46:36	Alan Perkins	SB V60 M	Port Talbot	46:36 38:58	
<input type="checkbox"/>	29	46:36	Mario Rabaiotti	SB V45 M	Port Talbot	46:36 42:37	
<input type="checkbox"/>	30	46:39	Jack Jones	SB SEN M	Swansea	46:39 40:57	

<input type="checkbox"/>	31	46:46	Wayne Morgan	V40 M			
<input type="checkbox"/>	32	46:50	Lyndon Elvy	SEN M			
<input type="checkbox"/>	33	46:55	Geraint Evans	V40 M	Llandoverly		
<input type="checkbox"/>	34	47:12	Bill Leslie	V40 M			
<input type="checkbox"/>	35	47:26	Llinos Jones	SEN W	Amman Valley Harriers		
<input type="checkbox"/>	36	47:39	Allan Davies	V40 M			
<input type="checkbox"/>	37	47:58	Michael Grant	V55 M	Road Runners Club	46:11 43:51	
<input type="checkbox"/>	38	48:29	Tanwen Davies	SEN W	Amman Valley Harriers		
<input type="checkbox"/>	39	48:51	Simon Shepherd	PB V40 M	Amman Valley	48:51 48:51	
<input type="checkbox"/>	40	49:34	Steven Liles	V40 M			
<input type="checkbox"/>	41	50:05	Helen-Marie Davies	PB V35 W	Swansea	50:05 50:05	
<input type="checkbox"/>	42	50:07	Stephen Job	V40 M	Sospan RR		
<input type="checkbox"/>	43	50:51	Martin Reed	V50 M			
<input type="checkbox"/>	44	51:50	John Evans	V65 M	Aberystwyth	45:18 42:55	
<input type="checkbox"/>	45	52:51	Andrew Rees	V40 M			
<input type="checkbox"/>	46	52:53	Robert Smith	V50 M	Pembrokeshire	49:17 46:21	
<input type="checkbox"/>	47	53:02	Mitchell Readwin	SEN M	Sarn Helen	48:18 48:18	
<input type="checkbox"/>	48	53:20	Michael Stephen Terry	V60 M	Taf Running & Orienteering (TROTS)	50:10 46:23	

<input type="checkbox"/>	49	54:33	Amber Howell	PB U15 W Carmarthen	54:33 54:33	
<input type="checkbox"/>	50	54:57	Penny Kennedy	PB V45 W Swansea	54:57 54:57	
<input type="checkbox"/>	51	55:05	Cathrin Owen	SB V35 W Amman Valley	55:05 50:17	
<input type="checkbox"/>	52	55:38	Carys Jones	SEN W		
<input type="checkbox"/>	53	56:09	Zara Tippins	SEN W		
<input type="checkbox"/>	54	56:16	Oona Crawford	V60 W Taf Running & Orienteering (TROTS)	52:27 49:30	
<input type="checkbox"/>	55	57:42	Helen Phillips	SB V50 W Amman Valley	57:42 52:22	
<input type="checkbox"/>	56	59:13	Rhys Davies	SEN M		
<input type="checkbox"/>	57	59:29	Dylan Jones	V40 M		
<input type="checkbox"/>	58	59:44	Kevin Fitzgerald	V60 M		
<input type="checkbox"/>	59	59:54	Nigel Leighton-Jones	V50 M Llanelli Strollers		
<input type="checkbox"/>	60	60:44	Greg Leeman	SEN M		
<input type="checkbox"/>	61	62:23	Dan Jones	V60 M		
<input type="checkbox"/>	62	63:20	Leon Lewis	SEN M		
<input type="checkbox"/>	63	63:31	Richard Donne	V50 M 3M Gorseinon	58:44 58:44	
<input type="checkbox"/>	64	66:44	Sam Lewis	V35 W		
<input type="checkbox"/>	65	66:44	Ria Burton	SEN W		
<input type="checkbox"/>	66	67:19	Sarah Rees	V35 W Llanelli Circuits Club		
<input type="checkbox"/>	67	68:50	Pauline Thomas	SB V70 W Taf Running &	68:50 50:43	

Orienteering (TROTTS)

<input type="checkbox"/>	68	73:25	Roland Sherwood	V65 M Carmarthen	64:24 48:08 
<input type="checkbox"/>	69	77:48	David Rosser	SB V75 M Amman Valley	77:48 55:40 
<input type="checkbox"/>	70	77:50	Robert Fowler	SB V65 M Amman Valley	77:50 41:39 
<input type="checkbox"/>	71	80:54	Allen Watts	V80 M Sarn Helen	65:44 48:52 